City of Portland Office of Transportation

walk to wellness

Eastside residents have access to many resources for health and nutrition.

Check out these great programs, classes and information sources.

wellness training programs

KAISER PERMANENTE

Kaiser Permanente Health Education Services offer a variety of resources that can help you learn new skills and practice healthier behaviors. For more information about each of the following, pick up a *Health Education Services* catalog at any Kaiser Permanente facility.

- **Classes** address nutrition and fitness, depression, tobacco cessation, anger management, diabetes, childbirth, pain, and more.
- **Health Resource Centers (HRCs)** provide health and wellness information for Kaiser Permanente members and nonmembers. You can select handouts, borrow materials, purchase items, and access the Internet and CD-ROM databases. The centers are open 9 a.m. to 6 p.m., Monday through Friday.
- **Products** available for sale at the HRCs include pedometers—and the Cultivating Health® series of self-help kits which address weight management, tobacco cessation, diabetes, and everyday fitness. New kits on stress and insomnia management are planned for 2005.
- **kaiserpermanente.org** provides information 24 hours a day. Members and nonmembers can search the health and drug encyclopedias, investigate a featured health topic, or learn about classes. Members can also email an advice nurse or pharmacist, refill prescriptions, and more.
- **Talk with a Health Consultant** Participants in the City of Portland Ten Toe Express program can access Kaiser Permanente's Talk with a Health Consultant service. If you would like to have a brief telephone conversation about your goals and options for making healthier choices, please call **503-286-6816** and select **option 2**. Tell the consultant that you're with Ten Toe Express and you'll get this service free!

IRCO/ASIAN FAMILY CENTER

The Asian Family Center (AFC) is a multilingual program of the Immigrant and Refugee Community Organization (IRCO), a private non-profit community-based agency. AFC offers a number of health programs focusing on Asian and Pacific Islander (API) youth, women and families.

- **API Breast Health Project** provides breast health education and facilitates access to free cervical and breast cancer screenings for uninsured women over 40 years by arranging appointments and providing language and transportation assistance.
- **Reduce AAPI Smoke Exposure (RASE)** aims to increase smoke-free areas in API homes and apartment complexes through education, policy change, and individual and community empowerment.
- **Tobacco Prevention and Education Program (TPEP)** provides education and advocacy to API youth and communities about tobacco prevention and the dangers of second-hand smoke through outreach and media campaigns.

We hope you will join us on **Friday, May 6** for AFC's annual **Asian Cultural Night**: "Celebrating 10 Years of the Asian Family Center."

Also in May, keep a look out for the **API Health Forum** which will offer health exhibitions, workshops, free exams, and more!

Please contact the Asian Family Center for more information or to get involved in the above programs and events: **4424 NE Glisan Street, Portland, OR 97213**

503-235-9396 • **www.irco.org**

PROVIDENCE HEALTH SYSTEM

GROUP FITNESS CLASSES

Gentle Paced Moderately paced, easy-to-follow movements will improve your cardiovascular fitness while strength training and stretching will improve your muscle tone and flexibility.

Prime Time Fitness Geared to adults over 50 to accommodate their bodies' changing needs in a safe exercise program. Enjoy increased cardio-vascular fitness and endurance, improved strength and better balance.

Cardio Mix A blend of high- and low-impact movement, step, kickboxing, circuit, and interval training.

Express Circuit Involves alternating strength and aerobic "stations" into a well-rounded workout.

This and more at **www.providence.org/classes** or **503-574-6595**

WIC

WIC, the Special Supplemental Nutrition Program for **W**omen, **I**nfants and **C**hildren, is a public health nutrition program designed to improve health outcomes for mothers and their children through nutrition education, supplemental foods, breastfeeding education and support, and referral to other programs. WIC serves pregnant women, breast-feeding women with children under 12 months of age, non-breastfeeding women with children under 6 months of age, and infants and children under 5 years of age.

To find out if you or someone you know may qualify for WIC in Multnomah County, please call **503-988-3503**.

For more information about WIC in other Oregon locations call **1-800-SAFENET.**

OHSU RICHMOND CLINIC

Offering Primary Care Family Medicine, for all ages, to low-income vulnerable patients living within designated service area in SE Portland.

- Heavy emphasis on women and children.
- Same-day access.
- Onsite social worker with counseling services.
- Onsite radiology.
- Financial screening and sliding fee scale.
- Women's health care and maternity care.
- Well-child exams, immunizations, school sports physicals.
- Preventive care for men, women and children.
- Geriatric care.

Hours:

Monday-Thursday.....8am - 8pm
Friday .....8am - 5pm
Saturday.....9am - 1pm
Open all non-major holidays.

Location/Phone:

3930 SE Division, Portland, OR 97202
503-418-3900

AMERICA'S WALK FOR DIABETES

Are you ready to get out and

- **Walk for your health,**
- **Walk for prevention, and**
- **Walk to stop diabetes in its tracks!**

Join your community and thousands of other walkers across the country each spring in America's Walk for Diabetes for the American Diabetes Association.

You can team up and walk for diabetes in Portland this year on **Saturday, May 7** at the Rose Quarter Amphitheater. Registration begins at 8 a.m. This 5K and 10K Walk is for the whole family with refreshments and festivities throughout the day. The Walk will take you along the river, through the Pearl District and Chinese Gardens.

Walking or exercising regularly is an important step to a healthy lifestyle. Studies have shown that walking can help control weight, prevent or delay Type 2 diabetes, and manage complications in people already diagnosed with the disease.

To register now for America's Walk, sign up online at **www.diabetes.org/walk** or call **888-DIABETES**. Help us to put our country back on the road to better health.

American Diabetes Association®
Cure • Care • Commitment®

wellness training programs

NUTRITION CLASSES

NEW SEASONS MARKET (Seven Corners store)

Open 8am-10pm daily
1954 SE Division Street, Portland, OR 97202
503-445-2888
Website: www.newseasonsmarket.com

Free Nutrition and Wellness Counseling

Complimentary consultations with store nutritionists who can share their extensive knowledge about health, wellness and dietary needs. Discuss special diets, food allergies, healthy weight control and more. Call your nearest New Seasons Market to schedule an appointment.

Free Nutrition Basics Classes and Store Tours

New Seasons offers a variety of nutrition classes and store tours throughout the year. Learn about trans-fats, healthy weight control, eating sustainably and more. Tour the store to find gluten-free foods, healthy snacks, and alternatives to dairy.

For a complete class and tour schedule, visit our website at www.newseasonsmarket.com.
Schedule custom tours or classes for groups of any size. Please call with your request.

Nutritionist at the Seven Corners Store:

Karen Seibert, MS 503-473-8626
karens@newseasonsmarket.com

WILD OATS NATURAL MARKETPLACE

is not only a great place to shop for healthy foods, but also features a Wellness Center at the Fremont Wild Oats location, 3535 NE 15th Avenue.

The Wellness Center offers several free lectures each month on health and other events.
Other ongoing classes are also offered on things like yoga, meditation, Callanetics, Pilates, etc.

Please call for registration, cost and all other information regarding classes. 503-281-3262

Stop by our Eastside Hub Area Stores

Division Wild Oats
3016 SE Division
503-233-7274

Laurelhurst Store
2825 E Burnside
503-232-6601

Email: mschnoor@wildoats.com
www.wildoats.com

walks for fun & fitness

TEN TOE WALKS

As part of the Ten Toe Express Walking Campaign, PDOT staff and volunteers will be leading 2-4 walks per month in 10 different areas of East Portland. They include both short (2.5 mile) and long (3.5-5.5 mile) walks. Look for the schedule and meeting times in your Kit or contact us for a flyer.

TenToe@pdxtrans.org
503-865-TOES

ROSE CITY ROAMERS

A Walking Club

Rose City Roamers is an award-winning walking club and non-profit organization based in Portland, Oregon which organizes quality non-competitive walking activities.

The club is affiliated with the international, national and state Volkssport Associations.

Participation in events is free, but a system of awards is an extremely popular part of volkspporting. There are two year-round 11/12K events that start at Providence Hospital and go through Laurelhurst and Rose City neighborhoods. The club will also sponsor a 10K walk from Providence Hospital to Mt Tabor on July 16 and 17, 2005.

For more information check out the web site:
http://home.earthlink.net/~rcrrose/RoseCityRoamers/index.htm

Or contact Noreen Kirk at 503-285-2915 or email her at nncapkirk@juno.com

PORTLAND WALKING TOURS

You walk in Portland every day, but the real history is hidden and often passed by.

Portland Walking Tours is a company that offers regularly scheduled guided walking tours twice-daily every Friday, Saturday, and Sunday at 10:30 a.m. and 3:00 p.m.

Their fun and enlightening guided walking tours explore the history, architecture, bridges, parks, fountains, artwork, and unique places in Portland. You're guaranteed to find out things you never knew about Portland and from a friendly and knowledgeable tour guide.

These walking tours start at the Visitor Center at Pioneer Courthouse Square (SW 6th & Morrison). Prices for Adults are $15 with one child (under 12) free with each paying Adult. Seniors and Youth pay $12. They offer discounts to AAA Members and groups.

Tickets can be purchased in advance at the web site or at the Portland Center for Performing Arts (PCPA) box office.

Advanced ticketing is not required, but is strongly recommended.

For more information, call
503-774-4522 or check out our the web site
www.portlandwalkingtours.com

community centers & schools

Montavilla Park & Community Center

8219 NE Glisan
503-823-4101
Montavilla Park & Community Center has something for everyone. There are softball, football, and soccer fields, tennis courts and practice boards, a play-ground, outdoor pool, wading pool, picnic shelter, picnic tables, and trails. In addition, the Center includes classrooms, a gymnasium, kitchen, office, and restrooms.

Laurelhurst Studio in Laurelhurst Park

3756 SE Oak
503-823-4101
The Studio is the home to many dance programs for children and adults of all abilities. Classes include youth tap and ballet, as well as ballet classes for all ages.

Mt Tabor SUN Community School

5800 SE Ash Street
503-916-2915
This Community School offers classes for pre-schoolers, youth and adults on a variety of topics which improve skills and involve familes.

For information on Portland Parks and Recreation programs and services, call

503-823-PLAY,
or visit their website at
www.PortlandParks.org